

Angel food Cake²⁵

Number of Servings: 25 (38.74 g per serving)

Amount	Measure	Ingredient
1 5/8	ea	Cake, angel food, prep f/dry mix, tube, 1/1

Nutrients per serving

Nutrition Facts			
Serving Size (39g)			
Servings Per Container			
Amount Per Serving			
Calories 100		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	--g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	23g		8%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	2g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	4%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Buy or prepare angel food. Cut each 10" ring into 16 pieces. If loaf is purchased each serving will be approx. 1 oz each so cut according to weight of angel food. Serve unfrosted.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.